What is claimed is:

1. An improved adjustable firearm sight as which comprises:

   a. a sight body which is machined or formed from polymer, plastic, metal or any other material of like strength, rigidity and durability;

   b. an aperture screw;

   c. a threaded insert;

   d. a flex plate;

   e. a plunger;

   wherein said sight body has a center cavity which holds said threaded insert which interfaces with said aperture screw, and vertical adjustment of the sight is achieved by rotating said aperture screw in said threaded insert.

2. The improved adjustable sight of Claim 1, wherein, said threaded insert has a flange which biases a flex plate against the lower surface of the sight body and said flex plate is sized to fit tightly into a mounting dovetail.

3. The improved adjustable sight of Claim 1, wherein, said sight body has a plunger cavity into which is inserted a plunger and spring, said plunger is biased upwards against the aperture screw by spring and interfaces with a plunger notch cut into the base of said aperture screw providing click stops for the vertical height adjustments of the aperture screw.

4. The improved adjustable sight of Claim 1, wherein, said sight body has a spring clip inserted into a spring clip recess which interfaces with a spring clip notch cut

into the opposite ends of a sight plane on the aperture screw providing click stops for the vertical height adjustments of the aperture screw.

5. The improved adjustable sight of Claim 1, wherein, said threaded insert has a flange which biases a plurality of flex washers against the lower surface of said sight body, said flex washers sized to fit tightly into a mounting dovetail.

6. The improved adjustable sight of Claim 1, wherein, said sight body is machined of material such as but not limited to steel, aluminum, polymer, plastic or other material of sufficient strength, rigidity and durability and said cavity is threaded to receive said aperture screw without the need of a threaded insert and a dovetail surface is cut into the lower surface of the sight body sized to fit tightly into a mounting dovetail.

7. A method of mounting a threaded aperture screw into a polymer sight body comprising a threaded insert is constructed of a cylinder having a flange and a threaded inner surface which is inserted into a cavity in the sight body, said threaded insert receiving an aperture screw which is rotated in said threaded insert to achieve vertical elevation adjustments of said aperture screw.

8. A method of mounting a polymer sight body to a metal mounting dovetail which comprises a threaded insert which is constructed having a flange and a threaded inner surface which in inserted into a cavity in the sight body, said threaded insert receiving an aperture screw and said flange holding a flex plate or flex washer tightly against said lower surface of said sight body and said flex plate sized to fit tightly into a mounting dovetail.